



Dover Swims

Dover Recreation

Dover Swims
April/May 2013

The Pool Advisory Committee Needs YOU!

HELP WANTED!



Of the nine seats on the pool committee authorized by the city council, three are currently vacant: one full member and two alternates. In addition, two current members will be retiring this summer. The committee meets the first Monday evening of every month in the meeting room above the pool. The main requirement to serve is an interest in helping to guide Dover's public pools into a bright

future. The only technical requirements are that committee members must be US citizens and residents of Dover. There are no age limits or major commitments. (Hey, all you students looking for community service hours... you can join!) For non-Dover pool patrons, you can join, too. You can provide valuable input; you just won't have an official vote.

Henry Law Park-- Big Changes in Store

We all know it's there, but usually we walk right past the Henry Law Park playground on our way into the pool. It's for little kids... a cookie-cutter metal and plastic set of playground equipment. The view is about to change, substantially and for the better.

Gary Bannon, director of Dover's Recreation Dept., has been busy meeting with citizens and park planning professionals to create a design for a new and improved Henry Law Park. The vision is to create a natural play area that connects with other assets such as the pool, the Rotary Pavilion, and the river. The footprint of the park will remain the same, but the whole space will be arranged to be inviting to and inclusive of everybody, not just kids.

Some of the key features include a slide built into the hill by Henry Law Ave., a walking path that will wind through boulders and climbing stumps, a small pavilion area for performances, water play area, plenty of trees for shade, picnic tables, and places to rest. Actual work will probably begin in the summer of 2014, but one big improvement will take place this year: a new roof for the pool, including improvements to the tunnel between the playground and the Rotary Pavilion. Anyone wanting to view the plans should contact Gary at 516-6401 or g.bannon@dover.nh.gov.



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Spring is nature's way of saying, "Let's party!"
~Robin Williams



Dover Recreation Summer 2013 Swimming Lesson Schedule

Registration for Dover Residents will begin Saturday, June 1st at 1:00 p.m. at the Dover Indoor Pool. Open registration will begin Saturday, June 8th at 1:00 p.m. at the Dover Indoor Pool. Dover residents **MUST** bring proof of residency. The following are the only acceptable forms: valid driver's license, car registration, current utility bill or apartment lease. All registration must be in person and each person may only register members from one family.

Fees: Dover Residents \$50

Non-Residents \$70

Age Requirements for classes:

Infant/Toddler: 6 months-2 years

Preschool (Beginner & Advanced) 3-4 years

Levels 1-6: 5 & over

Program # 1 June 24th -July 5th (Monday thru Friday)

(We DO have class on July 4th)

8:00-8:40am

Beg PS: 124110A

Adv PS: 124120A

Level 1: 124130A

Level 2: 124140A

Level 3: 124150A

8:45-9:25am

Beg PS: 124110B

Adv PS: 124120B

Level 1: 124130B

Level 2: 124140B

Level 4: 124160B

9:30-10:10am

Beg PS: 124110C

Adv PS: 124120C

Level 3: 124150C

Level 5: 124170C

Level 6: 124200C

Program # 2 July 8th-July 19th (Monday thru Friday)

8:00-8:40am

Beg PS: 124110D

Adv PS: 124120D

Level 1: 124130D

Level 2: 124140D

Level 3: 124150D

8:45-9:25am

Beg PS: 124110E

Adv PS: 124120E

Level 1: 124130E

Level 2: 124140E

Level 4: 124160E

9:30-10:10am

Beg PS: 124110F

Adv PS: 124120F

Level 3: 124150F

Level 5: 124170F

Level 6: 124200F

10:15-10:45am- Infant Toddler 124300A

*PS lessons are only 30 minutes long

—These are our first two sessions for summer 2013, please stay tuned for the final sessions that will be publicized by the beginning of June!!!



Dover Pool Profiles: Becky Maloney and Zarina Brown

Who knew ten years ago when these two ladies started part-time jobs as life guards at the pool that they would become fixtures and that the pool would become their second home? Even when not officially working for the city, they spend a lot of time with water. Both watch over swimmers, coach swim teams, and enjoy other water activities. During busy times, each can easily spend twelve or more hours at the pool. As Zarina states, "I should have a bed here... I practically live here during high school swim season!"

During their time here, they have seen a few significant changes: the installation of the air handler, the addition of energy-saving pool covers, the remodeling of the front area, the turnover of patrons. The most positive change from their perspective has been the transition to circle swimming during lap swim. "I know that it was challenging for patrons and education remains an issue, but it really is more efficient in group settings," says Becky.

From a swimmer's perspective, the life guards might seem to spend a lot of time just watching from the deck chairs. And they do. What swimmers might not realize is that life guards also spend considerable time preparing for emergencies. They practice rescue drills for drowning and spinal cord injuries. They practice first aid and CPR techniques. They work out to stay fit. They keep people safe not only in the pool but also on the deck surface. They learn the routines and swim styles of swimmers so they can spot when trouble might be brewing. When trouble does come, they are ready to respond.

Trouble can take many forms, some anticipated, others quite unpredictable. As Becky states, "When a patron is in trouble, the adrenaline gets pumping. We call 911 and try to remember all our training: 'Are we doing everything right? Are we making any mistakes?' Our job is to keep the person safe and to manage basic first aid and CPR until EMS arrives. It's stressful waiting for EMS... they seem to take forever!" So far, the training has fulfilled

its purpose of preparing life guards to respond when the need arises. With life guards on the job, the pool is a very safe place.

As is true with any job, Becky and Zarina have their lists of good things and things they wish they could change. They enjoy getting to know the patrons and watching their abilities improve, but they do not enjoy having the occasional patron berate them for enforcing safety rules. They love the flexible hours, but they wish they had at least some benefits from the city beyond an hourly wage. For all the time they spend at the pool, they would also love to have some natural light in the pool area and have the air handlers fixed once and for all.

The two ladies have different styles and personalities, but both care deeply about the patrons at the pool. Before leaving the interview to teach, Zarina cheerfully added, "I love my hydrofitness class, how fun and energetic they are. They are a hoot!" Becky, the quieter one, added, "I

just love the water and can spend all day near it. As long as I'm not cold, I'm happy. With summer around the corner, make sure everyone remembers to wear sunscreen!"

In or out of the pool, these ladies want folks to enjoy the water and be safe. They are on the job and, like good sunscreen, they've got you covered.



L-R: Becky Maloney and Zarina Brown

Giving to the Dover Pools

Since its inception in 2010, the Dover Pool Advisory Committee has been working hard to help secure the pools' financial future. Through several fundraisers and generous donations from individuals, the pools have gotten a boost of more than \$35,000 toward the city council's stated annual fundraising goal of \$50,000. Every dollar counts. Every vote of support for the pools counts. If you can, please consider making a donation and/or let your city councilors know why you support the pools.

Dover has two funds that were created in 2010 to help the financial situation of the pools. Donation to both funds are tax-deductible.

The **Dover Pool Fund** is a way for people to give directly to the pools. The Dover City Council, with guidance from the pool advisory committee, will decide how this money should be used most advantageously for pool-related expenses. This fund is the more immediate and usable form of donation. If you choose to donate in this way, please make your check payable to the City of Dover Pool Fund and mail to:

Dover Pool Fund
c/o City of Dover
61 Locust St.
Dover, NH 03820

The **Dover Pool Endowment Fund** was created by a generous private citizen to provide financial support for capital improvements and non-personnel related expenses at and for the pools. It is managed with the assistance of a city-appointed board and the city's trustees. As an endowment, only the interest from the fund can be used to support the pools. To donate, please make your check payable to the Dover Pool Endowment Fund and mail to:

Dover Pool Endowment Fund
c/o City of Dover
61 Locust St.
Dover, NH 03820



If you can afford a donation, small or grand, please give and show your support. The Dover City Council needs to see how much the pools mean to all the people of Dover and the region, now and for the future.

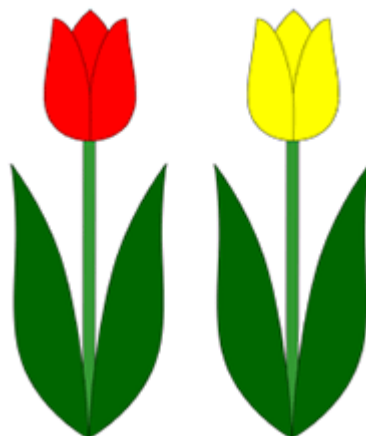
Thank you!!

2013 Pool-a-Thon

The Pool Advisory Committee, Dover Recreation, and all the swimmers at the pools want to thank the folks who willingly accepted the challenge of seeking donations and the friends, family members, and business owners who generously donated during the Pool-a-Thon. The pools cannot cover their many expenses with team rentals, swim lessons, and membership fees alone. Extra revenue from special events and fundraisers is also needed to keep the pools open. Special thanks go to Ann Fredette and Pat Campbell for collecting the most in donations.

Dover Swims with Jenny Thompson

The third annual Jenny Thompson Swim Clinic will be held June 8, 2013. The morning session will be for youth swimmers age 10 to 18 from 8:30 a.m. to 4 p.m.. A session for adults will be held that afternoon from 2 p.m. to 6 p.m.. Jenny will be present to offer tips, share stories, and encourage those who might be the next Olympic medal contenders. The clinic includes a commemorative tee shirt, healthy snacks, advice from the area's top coaches, and new this year, a professional photo of each participant with Jenny! The registration fee is \$100 per youth and \$65 per adult before May 15 and \$115/\$75 after that date. We cannot guarantee that tee shirts will be available for those who register after May 15. Registration forms are available at www.doverswims.com or at the front desk of the indoor pool.





Camp Kool Summer Day Camp for Kids!

Summer sign-ups have started for Camp Kool at the Dover Arena. Camp Kool is a very popular day camp for children ages 6 – 12 residing in Dover and surrounding communities. Camp Kool is held at the Dover Arena and Guppy Park. This park and facility boasts a 17,000 square foot indoor facility, the Foster Arena, the Jenny Thompson Pool, Guppy Park ball field, picnic pavilion and acres of grassy areas for campers to enjoy!

Activities include various sports, swimming, ice skating, outdoor adventures, arts/crafts, weekly trips, games, team building activities and much more. Super indoor facilities for inclement weather. Camp Kool runs from June 24 – August 16, 2013 and weekly fee is \$150. Contact the Dover Arena for more information 603-516-6060 or at www.doverarena.com

Dover Recreation Playgrounds Program

The Playgrounds Program is for Dover residents ages 6-12 (as of 6/1/13). This 7-week program runs from June 24th - August 9th; Monday through Friday from 8:30am - 3:30pm. Playgrounds counselors provide scheduled activities at the parks (Horne Street or Garrison), and participants are able to go swimming, play games, sports, and arts & crafts. Weekly trips are taken to state parks, beaches, or other area attractions. An end of the year trip to Water Country usually requires an additional fee. Cost before May 31st is \$320 and after June 1st is \$350. Registration begins April 15th.

A little madness in the Spring
Is wholesome even for the King.
~Emily Dickinson



DOVER INDOOR POOL SCHEDULE

Effective March 1, 2013

516-6441



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird Lap 5:30-8:30 am	Early Bird Lap 5:30-8:30 am	Early Bird Lap 5:30-8:30 am	Early Bird Lap 5:30-8:30 am	Early Bird Lap 5:30-8:30 am	Program/Rental 7:00-10:00 am	Masters Swim 9:00-11:00 am
Hydrofitness 8:30-9:30 am	Lessons/Rental 8:30-9:30 am	Hydrofitness 8:30-9:30 am	Lessons/Rental 8:30-9:30 am	Hydrofitness 8:30-9:30 am		
Therapy Swim 9:30-11:00 am	Therapy Swim 9:30-11:00 am	Therapy Swim 9:30-11:00 am	Therapy Swim 9:30-11:00 am	Therapy Swim 9:30-11:00 am		
Adult Lap Swim 11:00 - 1:00 pm						
Lessons/Rental 1:00-2:30 pm					Lessons/Rental 1:00-2:30 pm	
Rec Swim 2:30-4pm						
Program/Rental 4:00- 7:00 pm	Program/Rental 4:00- 6:30 pm	Program/Rental 4:00- 7:00 pm	Program/Rental 4:00- 6:30 pm	Program/Rental 4:00- 7:00 pm	Program/Rental 4:00- 6:00 pm	Mighty Seals 4:00-5:30 pm
Adult/Rec 7:00-8:00 pm	Masters 6:30-7:45 pm.	Adult/Rec 7:00-8:00 pm	Masters 6:30-7:45 pm	Rec. Swim 7:00-9:00 pm	Rentals 6:00-11:00 pm	
Adult /Rec^ 8:00 -9:00 pm	Adult /Rec^ 7:45-9:00 pm	Adult /Rec^ 8:00-9:00 pm	Adult /Rec^ 7:45-9:00 pm			

^ The Dive well may be closed during certain class times

REC SWIM: At this time children **under 45 inches must have an adult in the water with them.** No lane lines will be in. No equipment is allowed in the pool, except for our life jackets. Children wearing one must have parent in the water with them within arms length. Children are not allowed off of the diving board wearing life jackets.

FEES (yearly membership excludes Hydrofitness and Masters)

	Daily	Punch Ticket(12)	*Yearly Indoor	6 Month Indoor
RESIDENT				
Adult	\$5.00	\$50.00	\$160.00	\$95.00
Senior	\$3.00	\$30.00	\$75.00	\$40.00
Youth	\$3.00	\$30.00	\$75.00	\$40.00
NON-RESIDENT				
Adult	\$10.00	\$100.00	\$320.00	\$186.00
Senior	\$6.00	\$60.00	\$150.00	\$84.00
Youth	\$6.00	\$60.00	\$150.00	\$84.00



Children age 3 and under are required to wear a swim diaper while swimming.



Swim diapers are available for \$2 each.

Indoor Pool Rental \$140/Hr. (for 30 or less) Lane rentals \$40/Hr. Diving well \$40/Hr. Add add'l \$15/hr. for each group of 30 people or portion of 30 people over the original group.